The Big Problem of MARRIED PEOPLE

Solved

1. *What is "The Big Problem of Married People?"*

1. To be able to regulate the size of their families in accordance with their financial, health, social and moral conditions and needs.
2. To be able to determine when they are performing that tremendously important act which will result in a new human being, their child, coming into the world.
3. To be able to select the month and the week when their child shall be born.

2. *How about contraceptives?*

1. They can only prevent children from coming into the world. 2. Their use is immoral. 3. They are not safe. 4. They are distasteful for all, repulsive for many. 5. Their habitual use is bound to cause much physical harm. 6. They are expensive.

Dr. Van De Velde, an advocate of contraception, known the world over for his writings, expresses the viewpoint of the medical profession, generally, when he writes:

"There is no ideal contraceptive and there never will be. By an ideal contraceptive I understand one that will not cause any inconvenience or disturbance, that will exclude the possibility of doing harm to the user herself, and that is at the same time fool-proof."

Dr. Bernard Fantus, in his authoritative work "General Technique of Medication," issues this solemn warning: "Zoologists have shown that reproductive cells, such as the sperm, may be injured by physical and chemical agents, so as to permit them to still retain their fertilizing power, though impairing their functions to such an extent as to give rise to unhealthy and even monstrous offspring, or to individuals who, though otherwise apparently healthy, are deficient in fecundity and even sterile. As none of the chemical pre-conceptives are 100% certain, the danger that fecundation may take place through a barely surviving spermatozoon, with the possibility of a lifetime of misery to the offspring, should be sufficient to condemn the use of these measures."

22 501254095 MO-PAM: WP 630-1934-L36b

3. *How can married people solve their "big problem?"*

By familiarizing themselves with the theory of the rhythm of sterility and fertility in women and by applying it to their case. To illustrate: If a couple desire a child they will select the day, for the parental act, when pregnancy must result and when there is the greatest promise of insuring for their child a rich heritage of physical, emotional and mental endowments. If on the other hand, financial, health or other reasons make it desirable or imperative that the arrival of the next child be delayed, they will confine marriage relations to the time when it is impossible for the wife to conceive, to the weeks that are called "the safe period."

4. *Was not "the safe period" exploded as very unsafe a long time ago?*

Dr. Capellmann's theory of "the safe period," which he made known in about 1880, has been shown to be unreliable. It has proven satisfactory in some cases but unsatisfactory in many more. We have reference to something quite different, to *the rhythm theory* which was brought to public attention very recently, in 1930.

5. *How does the new theory differ from the old?*

1. *The rhythm theory* is scientifically established. The Capellmann theory was a matter of surmise. 2. The Capellmann theory applied the same rule in the same way to all women. *The rhythm theory* must be adapted to each woman individually. 3. The safe period according to the Capellmann theory comprises only five or six days as determined by its latest defender, Dr. Niedermeyer. According to the rhythm theory 20 days in a 28-day cycle are sterile, which means "safe." 4. The rhythm theory can explain why the Capellmann theory will work in some cases and why it must fail in others.

6. *Who discovered the rhythm theory and established it scientifically?*

Mainly two scientists, Drs. Ogino and Knaus, gynecologists and university professors in Japan

and Austria, respectively. Tho working independently of one another and tho approaching the problem from entirely different angles, they arrived at the same results, namely, that there is a period of sterility and a period of fertility in every monthly cycle, and that these periods can be determined.

7. *Where can information about the Ogino-Knaus theory be obtained?*

In "THE RHYTHM *of Sterility and Fertility in Women,*" a book written by Leo J. Latz, M.D., L.L.D. The book is "a discussion of the physiological, practical and ethical aspects of the discoveries of Drs. Ogino and Knaus." More than 65,000 copies have been sold in two and one-half years. The book is illustrated, pocket size and has royal blue, flexible, gold stamped covers.

8. *What authorities can be quoted in favor of the rhythm theory?*

Drs. Miller, Anderson and Schultz reported the results of their extensive research in the June, 1933, issue of *Surgery, Gynecology and Obstetrics,* the official journal of the American College of Surgeons, the foremost scientific periodical in its field in America. A conclusion forced upon these scientists by their observations reads: "Every normal regularly menstruating woman has a definite period of physiological sterility and a definite period of fertility in each cycle; pregnancy may be brought about or avoided at will by the observation of these two periods of time."

"Enough evidence has already been established to indicate that a strict observance of the (rhythm) method is insurance of sterility even beyond that associated with the employment of most of the contraceptive apparatus and medicaments." Editorial, Journal American Medical Association, Sept. 8, 1934, p. 757.

For further authorities, the reader is referred to Question 16 and to THE RHYTHM.

9. *Has experience confirmed the positive phase of the rhythm theory?*

Striking cases are mentioned from his own medical practice by Dr. Latz in THE RHYTHM. He writes: "A couple had been childless for eleven

years. . . . The most favorable time for pregnancy . . . was pointed out to them. Directions were followed and the woman became pregnant. In another case a couple had been childless for nearly six years. By following the directions suggested by the rhythm theory their wish to have a child was gratified."

10. *Has experience confirmed the negative phase of the theory?*

"With 50,000 proofs." Space will permit us to quote only a small section from the evidence contained in THE RHYTHM: "In the *French Review of Gynecology and Obstetrics,* Dr. de Guchteneere, refers to more than 100 cases of Dr. Knaus, 59 cases of Dr. Ogino and 160 of Dr. Wohlers and to his own 45 cases, all of which confirm the rhythm theory. Adding to these the cases referred to by Dr. Smulders, those that have been reported to me by physicians from their own experience, those of Dr. Miller and those that I have been able to observe myself, we can confidently say that upwards of 50,000 cohabitations, during most varied menstrual cycles, and under the greatest variety of circumstances, is evidence of the reliability of the rhythm theory."

Perhaps even more significant than the evidence just submitted is the fact that the Latz Foundation has received so far, on an average of one complaint that the theory "failed" to every 3,000 copies of THE RHYTHM sold. In each instance, where cooperation was furnished, it was found that directions had not been followed accurately.

11. *Does* THE RHYTHM *give directions as to how the rhythm of sterility and fertility can be determined in the case of each woman?*

That precisely was one of the reasons Dr. Latz had in publishing his book. He presents the matter in a simple, clear manner so that the average person should have no difficulty in understanding it. Many illustrations assist the reader in following the text.

12. *What other information is contained in the book?*

That can be learned best by glancing at the

TABLE OF CONTENTS

Part I. Physiological Aspects

1. Rhythm in Nature
2. Sterility
3. Fertility
4. Conception
5. The Marital Act
6. Sexual Intercourse Outside of Marriage
7. The Spermatazoon
8. The Ovum
9. The Ovaries
10. Ovulation
11. *Corpus Luteum*
12. The Uterus
13. Pregnancy
14. Menstruation
15. Menstrual Cycle
16. Determining the Menstrual Cycle
17. Ovulation and Menstruation
18. Time of Menstruation with Regard to Ovulation
19. Discoverers Ogino and Knaus
20. Dr. Ogino's Evidence
21. Dr. Knaus' Evidence
22. Possibility of Extraordinary Ovulation
23. Sufficient Data for Determining the Rhythm
24. The Basic Data
25. The 28-Day Rhythm in Figures and in a Graph
26. The 29-Day Rhythm
27. The 26- and 30-Day Rhythms
28. Irregular Cycles
29. Inconstancy of the Rhythm
30. Premature Menstruation
31. Delayed Menstruation
32. The Rhythm in Its Simplest Form

Part II. Practical Aspects

33. Conscious Co-operation with the Creator
34. A Natural Method of Regulating Offspring
35. Natural Birth Control
36. Predecessors of Ogino and Knaus
37. Reliability of the Natural Method of Birth Control
38. Doctors Disagree
39. Opponents
40. Defense
41. Advocates
42. Proof from Experience
43. Failures
44. Most Convincing Evidence
45. The Physician's Aid
46. When Pregnancy May Cause Death
47. Directions for the Application of the Rhythm Theory
48. The Rhythm Theory Simplified

Part III. Ethical Aspects

49. The Pope and Periodic Abstinence
50. Theologians in the Past
51. A Parallel Case
52. Theologians of Today
    1. *The Natural Method of Birth Control Justified*
    2. *How It Differs from Contraception*
    3. *Conditions to Be Observed*
53. The Threefold Purpose of Marriage
54. Characteristics of Sex—an Aid to a Proper Perspective
    1. *Centrality of Sex*
    2. *The Profundity of Sex*
    3. *The Peculiar Intimacy of Sex*
    4. *The Mysteriousness of Sex*
    5. *The Sacredness of Sex*
    6. *The Power of Evil in Sex*
55. Relationships between Sex and Marriage

TABLE OF CONTENTS

Part I. Physiological Aspects

1. Rhythm in Nature
2. Sterility
3. Fertility
4. Conception
5. The Marital Act
6. Sexual Intercourse Outside of Marriage
7. The Spermatazoon
8. The Ovum
9. The Ovaries
10. Ovulation
11. *Corpus Luteum*
12. The Uterus
13. Pregnancy
14. Menstruation
15. Menstrual Cycle
16. Determining the Menstrual Cycle
17. Ovulation and Menstruation
18. Time of Menstruation with Regard to Ovulation
19. Discoverers Ogino and Knaus
20. Dr. Ogino's Evidence
21. Dr. Knaus' Evidence
22. Possibility of Extraordinary Ovulation
23. Sufficient Data for Determining the Rhythm
24. The Basic Data
25. The 28-Day Rhythm in Figures and in a Graph
26. The 29-Day Rhythm
27. The 26- and 30-Day Rhythms
28. Irregular Cycles
29. Inconstancy of the Rhythm
30. Premature Menstruation
31. Delayed Menstruation
32. The Rhythm in Its Simplest Form

Part II. Practical Aspects

33. Conscious Co-operation with the Creator
34. A Natural Method of Regulating Offspring
35. Natural Birth Control
36. Predecessors of Ogino and Knaus
37. Reliability of the Natural Method of Birth Control
38. Doctors Disagree
39. Opponents
40. Defense
41. Advocates
42. Proof from Experience
43. Failures
44. Most Convincing Evidence
45. The Physician's Aid
46. When Pregnancy May Cause Death
47. Directions for the Application of the Rhythm Theory
48. The Rhythm Theory Simplified

Part III. Ethical Aspects

49. The Pope and Periodic Abstinence
50. Theologians in the Past
51. A Parallel Case
52. Theologians of Today
    1. *The Natural Method of Birth Control Justified*
    2. *How It Differs from Contraception*
    3. *Conditions to Be Observed*
53. The Threefold Purpose of Marriage
54. Characteristics of Sex—an Aid to a Proper Perspective
    1. *Centrality of Sex*
    2. *The Profundity of Sex*
    3. *The Peculiar Intimacy of Sex*
    4. *The Mysteriousness of Sex*
    5. *The Sacredness of Sex*
    6. *The Power of Evil in Sex*
55. Relationships between Sex and Marriage

56. Contraception
57. Seriousness of Contraception
58. Contraception Criticised by Contraceptionists
59. Medical Authorities Oppose Contraception
60. Medical Authorities Support Contraception
61. Catholic Doctors and the Physical Effects of Contraception
62. The Difference between Natural Birth Control and Contraception
63. Unlimited Procreation of Children
64. Periodic Abstinence and Nature
65. Periodic Abstinence and the Will of God
66. Periodic Abstinence and Underpopulation
67. Frustration of the Principal Purpose of Marriage
68. Frustration of the Act of Marriage
69. Married People and Continence
70. Difficulties of Continence in Married Life
71. Obligation to Practise Natural Birth Control
72. Acquainting Married Couples
73. The Rhythm and a Frightful Increase in Vice
74. Good Effects of Periodic Abstinence
75. The Solution of the Family Problem

---

13. ***Is there no danger that broadcasting this information will do harm?***

The answer to this question can be found in THE RHYTHM: "To attempt to keep the rhythm theory from becoming generally known is to attempt the impossible. Before long it is bound to become a topic for discussion in the daily papers and in the popular magazines. Would it not be wiser to be beforehand and to furnish the information in a wholesome fashion? We should not make it necessary for our people to turn to muddied springs and unhallowed sources to obtain information about a law of their Creator which He designed for the purpose of lightening their burdens."

14. *What good can come from acquainting married people with the rhythm theory?*

Here again we get our answer from THE RHYTHM: "First of all we have a right to expect that the married lives of many couples will be vastly enriched with the values, physical, psychic and moral, of married life, as it was intended by the Creator. Burdens that test human endurance to the utmost limit, and to which all too many succumb, will be lightened. I speak of *economic burdens,* the burdens of poverty, of inadequate income, of unemployment, which make it impossible for parents to give their children and themselves the food, the clothing, the housing, the education and recreation they are entitled to, as children of God. I speak of *physiological burdens,* the burdens of depleted physical energies and exhausted vitality resulting from a previous birth or miscarriage, the burden of chronically or temporarily adverse conditions of the heart, the kidneys, or other organs, or of conditions that threaten the life of the mother in case of pregnancy. I refer to *psychic burdens* not infrequently more difficult to bear than any I have so far mentioned, burdens of uncontrollable fear, anxiety, irritability, of rebellion against God and His Church for seeming to make demands beyond human nature, beyond human powers to endure.

"The greatest gain that will accrue to the human race from a judicious dissemination of this knowledge is the prevention of countless crimes against nature, especially abortions and contraception.

"It is estimated that about 30,000,000 contraceptive devices are used in the United States every week (about 600,000 in a city like Chicago) and that every year about 800,000 abortions are performed (approximately 1,600 for Chicago). These harrowing conditions which are growing worse from year to year, surely call for a remedy. It is the writer's opinion that a change for the better cannot be expected until women generally become familiar with the rhythm of sterility and fertility, a provision of an all-wise and all-kind Creator that will add to the happiness of married people and make it easier for them to lead lives in accordance with God's holy law."

15. *What is the attitude of the Churches toward* THE RHYTHM?

Authorities in the Catholic Church, the most persistent and consistent opponent of contraception, have officially declared that the book contains nothing against faith or morals.

Rt. Rev. George Craig Stewart, Episcopal Bishop of Chicago, issued a statement to the following effect: "I am happy to join the ecclesiastical authorities of our brethren in the Roman communion in approving Dr. Latz's book, 'THE RHYTHM.' It is a clear and sane and delicate presentation of the whole subject of Christian marriage." No religious authority of any denomination has seen fit to condemn natural birth control as presented in "THE RHYTHM."

16. *Quote medical authorities on the value of the rhythm theory.*

"Two years ago I became convinced of the authenticity of the Ogino-Knaus method. . . . I began advising its use to patients . . . in every case where the prescribed method was followed, not a single pregnancy occurred." **Dr. N. Sproat Heaney, Chairman, Dept. of Gynecology and Obstetrics, Rush Medical School, Chief Gynecologist and Obstetrician, Presbyterian Hospital, Chicago.**

"All the evidence strongly suggests the fundamental accuracy of the postulates of the Ogino-Knaus findings." **Dr. Andrew C. Ivy, Head, Dept. of Physiology, Northwestern University.**

"My private and clinical practice confirms its (rhythm theory's) workability." **Dr. Joseph A. Tobin, DePaul University, John B. Murphy Hospital.**

"I have been advising the method for several years with uniformly good results . . ." **Dr. Paul E. Lawler, Prof. of Obstetrics, Loyola University Medical School.**

". . . *an excellent survey of the various aspects* of the Ogino-Knaus theory. . . . The author has tried to present those rather intricate matters in a very simple manner . . . he has also contended to neutralize the unpleasant impression derived from a purely technical discussion . . . he has brilliantly succeeded in both purposes. . . .

". . . the author is right in saying that *the method is as reliable as any physiological law can be* . . . some sort of family limitation has become a necessity in modern countries. . . . A rational use of the sterile period is the right means to that end. . . .

". . . 'married people cannot read this book without deriving benefits for their minds and hearts, for their bodies and souls.'" **Dr. Raoul de Guchteneere, of the Lambert Gynecological Institute of Brussels, one of the most distinguished gynecologists of today.**

"This 'revision' (of the Capellmann theory) is very well done . . . the effort is most commendable." **Dr. Carl Hartman, Research Associate, Carnegie Institution.**

". . . the Ogino-Knaus theory seems to hold good; thus this book should be of great value in lessening marital burdens. Its contents should be known to all *physicians. . . .*" **Colorado Medicine, Official Journal of the Colorado and Wyoming State Medical Societies and of the Colorado Hospital Association.**

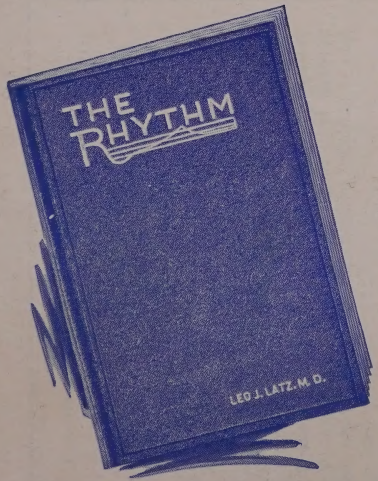
"For those who, because of religious or other reasons are not willing to resort to . . . contraception, *the Ogino-Knaus method is a great boon* and is certainly the one that should be recommended by the physician." **Emil Novak, M.D., Leading American Gynecologist, American Medical Association Journal, Feb. 10, 1934, p. 453.**

"Thus there is being developed scientific evidence to warrant the possibility that this method for the prevention of conception or birth control is sufficiently accurate to be *dependable and at the same time psychologically, socially and esthetically sound.*" **Editorial, A.M.A. Journal, Feb. 10, 1934, p. 459.**

"An enlightening discussion of physiologic birth control." **A. M. A. Journal, Sept. 22, 1934, p. 30.**

17. *Where can* THE RHYTHM *be obtained?*

By sending $1.00 in U. S. A. exchange to the publisher: **Latz Foundation, 1220 Republic Bldg., Chicago, Ill.,** or from bookstores.



LATZ FOUNDATION
1220 Republic Building, Chicago, Ill.

Please send me the following:
Quantity

.....THE RHYTHM @ $1.00 - - - - - - - .....
Please add ten cents for mailing.

.....RECORD CALENDAR @ 10 cents - - - - - - .....

.....THE BIG PROBLEM OF MARRIED PEOPLE—SOLVED
(Gratis) - - - - - - - - - - - - - .....

Enclosed find $.....in payment of my order (include five cents for exchange if remittance is made by check.)

Name .....
(Please Print)

Address .....
(Please Print)

City and State.....
(Please Print)

The right is reserved to return the book within five days. Money paid will be refunded promptly.